

## Chapter Three

### Risk Criteria

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#### Introduction

In order to maintain program integrity, WIC applicants will have their nutritional risk evaluated at each certification.

Documentation cannot be a barrier to services.

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#### In this chapter

The chapter is divided into one (1) section which defines nutritional risk and three (3) appendices.

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#### Section A

#### Eligibility Criteria – Nutritional Risk

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<b>Policy</b>	Individuals applying for enrollment in the Arizona WIC Program must have at least one (1) nutritional risk factor to be eligible for participation.
<b>USDA Criteria</b>	The State of Arizona has adopted the Risk Criteria developed by the RISC Committee for USDA.
<b>Arizona Risk Criteria</b>	A list of applicable risk factors, priorities, documentation requirements, and mandatory nutrition intervention is outlined in Appendix A.
<b>Other Risk Factors</b>	A list of risk factors not currently recognized by the Arizona WIC Program can be found in Appendix B.
<b>Diet Assessment</b>	A diet assessment must be completed, and evaluated before assigning Risk 401. The assessment must be kept on file. The form and instructions of use can be found in Appendix C.

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#### **Appendix A: Arizona Risk Table**

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## Arizona WIC Risk Table FY 2004

X: Requires documentation by a Physician or Primary Care Provider.

XX: Requires documentation by a Physician, Primary Care Provider, or Nutritionist.

XXX: Requires documentation by Physician, Primary Care Provider, Nutritionist, or Competent Professional Authority.

XS: Self-reported by the applicant/participant/caregiver as a diagnosis received from a Physician.

Code	Risk Name	Priority-PG	Priority-BF	Priority-PP	Priority-Infant	Priority-Child	Doc	Mandatory Nutritionist Referral
101	Underweight (Woman)	1	1	3,4,5,6				X
103	Underweight or At-Risk of Becoming Underweight (Infants & Children)				1	3		
111	Overweight (Women)	1	1	6				
113	Overweight (Children 2-5 years of age)					3		
121	Short Stature				1	3		
131	Low Maternal Weight Gain	1						
132	Maternal Weight Loss	1						
133	High Maternal Weight Gain	1	1	6				
134	Failure to Thrive				1	3	XS	X
141	Low Birthweight (Children less than 24 mos.)				1	3		
142	Premature Infant				1			X
151	Small for Gestational Age				1	3	XS	
152	Low Head Circumference				1	1	XXX	
153	Large for Gestational Age				1			
201	Anemia	1	1	3	1	3		X (+/- 4.0)
211	Lead Poisoning	1	1	3	1	3	XS	
301	Hyperemesis Gravidarum	1					XS	
302	Gestational Diabetes	1					XS	X
303	History of Gestational Diabetes	1	1	6			XS	
311	History of Premature Delivery	1	1	6				
312	History of Low Birth Weight	1	1	6				
321	History of Fetal or Neonatal Loss	1	1	6				
331	Pregnancy at a Young Age	1	1	3				
332	Closely Spaced Pregnancies	1	1	3				
333	High Parity and Young Age	1	1	3				
334	Inadequate Prenatal Care	1						

Code	Risk Name	Priority-PG	Priority-BF	Priority-PP	Priority-Infant	Priority-Child	Doc	Mandatory Nutritionist Referral
335	Multifetal Gestation	1	1	6				
336	Delayed Uterine Growth	1					XS	
337	History of Large for Gestational Age	1	1	6			XS	
338	Pregnant Woman Bfing	1						
339	History of Birth with a Congenital Defect	1	1	6			XS	
341	Nutrient Deficiency Disease	1	1	6	1	3	XS	X
342	Gastro-Intestinal Disorders	1	1	6	1	3	XS	
343	Diabetes Mellitus	1	1	6	1	3	XS	
344	Thyroid Disorders	1	1	6	1	3	XS	
345	Hypertension	1	1	6	1	3	XS	
346	Renal Disease	1	1	6	1	3	XS	
347	Cancer	1	1	6	1	3	XS	
348	Central Nervous System Disorders	1	1	6	1	3	XS	
349	Genetic & Congenital Disorders	1	1	6	1	3	XS	
350	Pyloric Stenosis				1		XS	
351	Inborn Errors of Metabolism	1	1	6	1	3	XS	
352	Infectious Diseases	1	1	6	1	3	XS	
353	Food Allergies	1	1	6	1	3	XS	
354	Celiac Disease	1	1	6	1	3	XS	
355	Lactose Intolerance	1	1	6	1	3	XX	
356	Hypoglycemia	1	1	6	1	3	XS	
358	Eating Disorders	1	1	6			XS	
359	Recent Surgery, Trauma, Burns	1	1	6	1	3	X	
360	Other Medical Conditions	1	1	6	1	3	XS	
361	Depression	1	1	6		3	XS	
362	Developmental Delays, Sensory or Motor Delays Interfering with the Ability to Eat	1	1	6	1	3	X	
371	Maternal Smoking	1	1					
372	Alcohol and Illegal Drug Use	1	1	3				
381	Dental Problems	1	1	6	1	3	XXX	

Code	Risk Name	Priority-PG	Priority-BF	Priority-PP	Priority-Infant	Priority-Child	Doc	Mandatory Nutritionist Referral
382	Fetal Alcohol Syndrome				1	3	XS	
401	Failure to Meet USDA/DHHS Dietary guidelines for Americans	4	4	6		5	XXX	
402	Vegan Diets	4	4	6	4	5		
403	Highly Restrictive Diets	4	4	6	4	5		
411	Inappropriate Infant Feeding				4			
412	Early Introduction of Solid Foods				4			
413	Feeding Cow's Milk During the First 12 Months				4			
414	No Dependable Source of Iron After 6 Months of Age				4			
415	Improper Dilution of Formula				4			
416	Feeding Other Foods Low in Essential Nutrients				4			
417	Lack of Sanitation				4			
418	Infrequent Breastfeeding as Sole Source of Nutrients				4			
419	Inappropriate Use of Nursing Bottles				4	5		
420	Excessive Caffeine		4					
421	Pica	4	4	6		5		
425	Inappropriate Feeding Practices					5		
501	Possibility of Regression		4	7		5	XXX	
502	Transfer of Certification	0	0	0	0	0		
503	Presumptive Eligibility for PG Women	4						
601	Woman breastfeeding an infant at nutritional risk		1,2,4					
602	Breastfeeding Complications (BF)		1					
603	Breastfeeding Complication(s)				1			
701	Infant Up To 6 Months of Age Born to WIC Mother or WIC Eligible Mother				2			
702	Infant being breastfed by a woman at nutritional risk				1,2,4			
703	Infant Born of Woman w/Mental Retardation, Alcohol, Drug Abuse				1		XS	
801	Homelessness	4	4	6	4	5		
802	Migrancy	4	4	6	4	5		

Code	Risk Name	Priority-PG	Priority-BF	Priority-PP	Priority-Infant	Priority-Child	Doc	Mandatory Nutritionist Referral
901	Recipient of Abuse	4	4	6	4	5		
902	Woman or Infant/Child of Primary Caregiver with Limited Ability	4	4	6	4	5	X (mental illness only)	
903	Foster Care	4	7	7	4	5		

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#### **Appendix B: Risk Factors Not Currently Recognized By Arizona**

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## Risk Factors Not Currently Recognized By Arizona

Code	Risk Name	Priority- PG	Priority- BF	Priority- PP	Priority- Infant	Priority- Child
135	Inadequate Growth				1	3
152	Low Head Circumference				1	1
357	Drug Nutrient Interactions	1	1	3, 4, 5, or 6	1	3
423	Inappropriate or Excessive Intake of Dietary Supplements/Herbs	4	4	6	4	5
424	Inadequate Vitamin/Mineral Supplementation	4			4	5
426	Inadequate Folic Acid		4	6		

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#### **Appendix C: Diet Assessment Instructions**

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## Arizona WIC Program Diet Assessment Screening Tool Instructions

### Background:

Arizona purchased the Hawaii Diet Assessment Screening Tool for incorporation into the AIM system. This “paper tool” for **screening** a participant's diet was adapted from the diet screening tool that the Coconino County WIC Program/John Kelty, R.D. developed.

The number of dietary exchanges (or servings) were adopted from the Hawaii version and compared to the Dietary Recommended Intakes (DRI's) for each participant's category. The dietary assessment serving sizes for combination foods were calculated by utilizing the Nutritionist IV program and rounding serving sizes when necessary.

### Instructions for Use:

1. Have the participant or authorized representative complete the 24 Hour Recall. Remind client to list all food and drink consumed in a one day period, including amounts of each item and including any snacks.
2. Staff reviews the 24 Hour Recall for completeness and prompts the participant/authorized representative for missing serving sizes and missing condiments (i.e., if client consumed a salad, was there dressing on it?).
3. Compare 24 Hour Recall with the Arizona WIC Program Dietary Assessment Serving Sizes list and the Combination Foods list. Shade in each serving of a food group on the Daily Food Guide Pyramid. Note: For the fats, oils and sweets group you will need to tally the total number of servings in the tip of the pyramid. **Remember to add 1 serving of fat for each serving of cheese, fried foods, chips, ice cream, and whole milk consumed.**
4. Compare the total number of servings for each food group of the Food Guide Pyramid with the recommended number of servings for each food group.

The outcome of the Diet Assessment may be one of the following:

- If a client is consuming less than the minimum number of servings for any one of the following groups: grains, vegetables, fruits, milk, or meat group, then the participant will be assigned Risk 401, Inadequate Diet, and should be counseled immediately.
- If a participant is consuming more fats, oils, and/or sweets than is recommended, then the Risk 401 will be assigned and the client should be counseled

accordingly.

- If the client is consuming more than the maximum number of servings for any one of these same food groups (grains, vegetables, fruits, milk, or meat group), a risk will not be assigned but appropriate nutrition education should occur.
- If client is consuming the recommended amounts of all food groups then congratulate the client. Risk 401 will not be assigned.

### **IMPORTANT NOTES:**

If a participant answers no to the question, “Is this a typical day’s eating pattern?” instruct staff to ask the participant what needs to be added or deleted to make this representative of a typical day. (Training issue)

On the COMBO Foods list, the cut-off for determining a fat serving was 5g of fat. For example, Luncheon Meat - Salami was not given a fat serving because a serving only has 3g of fat. (according to Nutritionist IV software)

Meat servings for children were expanded to reflect 2-3 servings instead of just 2 servings. This was a joint decision that was made by the team to possibly help with our state’s high anemia rates. Some footnotes were added on the serving size sheet to address the different amounts.

Participant Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Date \_\_\_\_\_

## 24 Hour Recall

Please write down all food and drink for one complete day, including snacks.

Sample:

**1/2 cups**

**Orange Juice**

**Morning:**

**Evening:**

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**Lunch:**

**Snacks:**

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Is this a typical day's eating pattern? Y or N

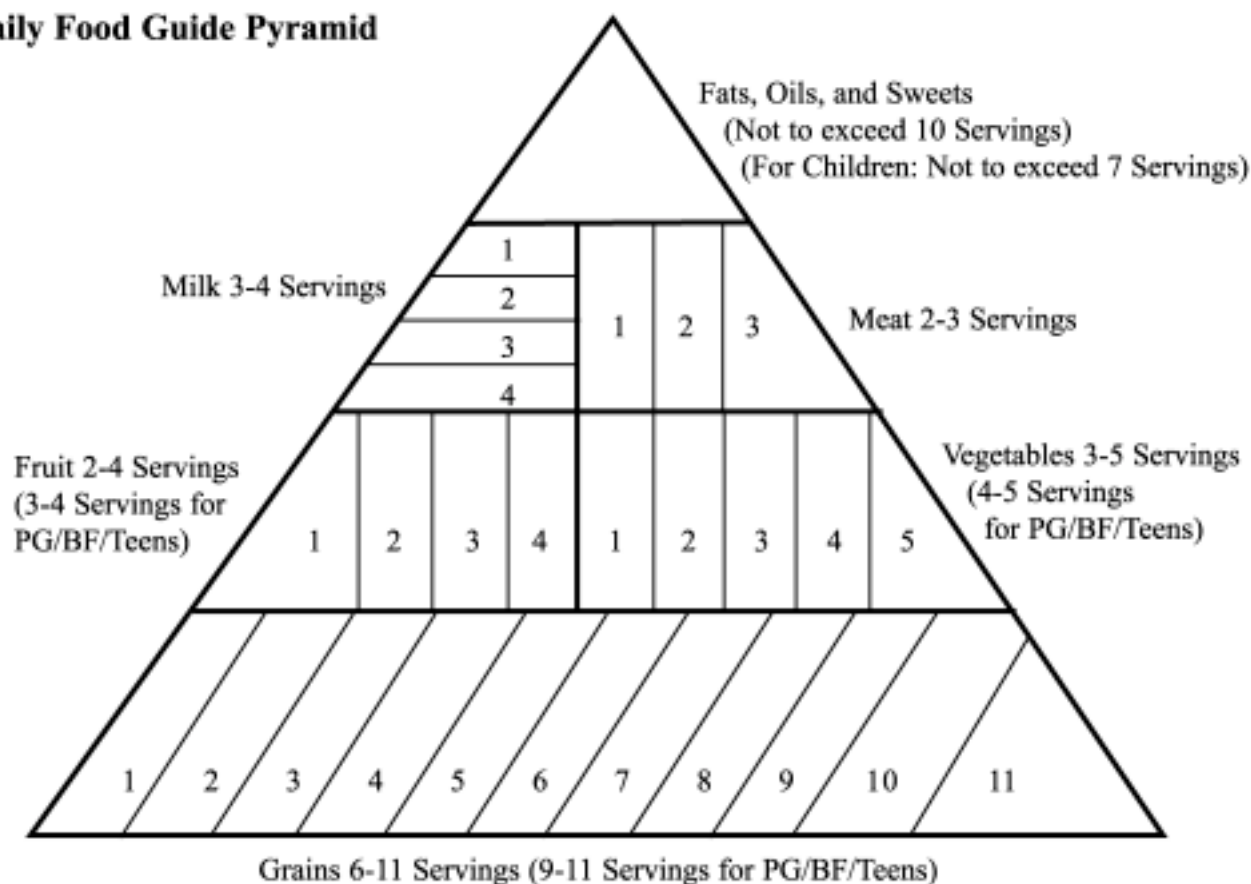
Additional comments (i.e., special diets, allergies)

\_\_\_\_\_

\_\_\_\_\_

Please do not write below this line

## Daily Food Guide Pyramid



**Arizona WIC Program  
Dietary Assessment Serving Sizes**

<b>Food Group</b>	<b>Serving Sizes for Children 2-4</b>	<b>Serving Sizes for Teens and Women</b>
<p><i>Bread, Cereal, Rice and Pasta*</i></p> <p><i>Counseling Tips:</i></p> <p>* <i>Recommend at least 3 of the servings be whole or mixed grains.</i></p> <p>** <i>May cause choking in 2-3 year old children.</i></p>	<p><i>Servings Per Day: 6-11</i></p> <p>1 slice bread 1/2 cup cooked cereal 1 ounce cold cereal 1/2 cup rice or pasta 1/2 bun or English muffin 1 small tortilla 2-3 graham crackers 3 cups popcorn** 1 small biscuit, cornbread or muffin</p>	<p><i>Servings Per Day:</i> <i>Postpartum Women &gt;18: 6-11</i> <i>Pregnant Women/Teens: 9-11</i></p> <p>1 slice bread 1/2 cup cooked cereal 1 ounce cold cereal 1/2 cup rice or pasta 1/2 bun or English muffin 1 small tortilla 2-3 graham crackers 3 cups popcorn 1 small biscuit, cornbread or muffin</p>
<p><i>Vegetable</i></p>	<p><i>Servings Per Day: 3-5</i></p> <p>1/2 cup chopped raw or cooked vegetables 1 cup leafy greens 3/4 cup vegetable juice (100% juice) 1 medium potato</p>	<p><i>Servings Per Day:</i> <i>Postpartum Women &gt;18: 3-5</i> <i>Pregnant Women/Teens: 4-5</i></p> <p>1/2 cup chopped raw or cooked vegetables 1 cup leafy greens 3/4 vegetable juice (100% juice) 1 medium potato</p>
<p><i>Fruit</i></p>	<p><i>Servings Per Day: 2-4</i></p> <p>3/4 cup juice (100% juice, no sugar added) 1 medium piece of fruit (apple, orange, banana, pear, etc.) 1/2 grapefruit 2 small kiwifruit or plums 1/2 medium mango 1/2 cup melon pieces 1/2 cup canned or chopped fruit 1/4 cup dried fruit like raisins</p>	<p><i>Servings Per Day:</i> <i>Postpartum Women &gt;18: 2-4</i> <i>Pregnant Women/Teens: 3-4</i></p> <p>3/4 cup juice (100% juice, no sugar added) 1 medium piece of fruit (apple, orange, banana, pear, etc.) 1/2 grapefruit 2 small kiwifruit or plums 1/2 medium mango 1/2 cup melon pieces 1/2 cup canned or chopped fruit 1/4 cup dried fruit like raisins</p>
<p><i>Milk, Yogurt and Cheese</i></p>	<p><i>Servings Per Day: 3-4</i></p> <p>1/2 cup milk or yogurt 1/2 cup soy milk, calcium fortified 3/4 ounce natural cheese 1 ounce processed cheese 1 cup cottage cheese 1/2 cup pudding 1/2 cup frozen yogurt</p>	<p><i>Servings Per Day:</i> <i>Postpartum Women &gt;18: 3-4</i> <i>Pregnant Women/Teens: 3-4</i></p> <p>1 cup milk or yogurt 1 cup soy milk, calcium fortified 1 1/2 ounce natural cheese 2 ounces processed cheese 2 cups cottage cheese 1 cup pudding 1 cup frozen yogurt</p>
<p><i>Meat, Poultry, Fish, Dry Beans, Eggs and Nuts</i></p> <p><i>Counseling Tips</i></p>	<p><i>Servings Per Day: 2-3</i></p> <p>2-3 ounces of lean meat, poultry or fish</p>	<p><i>Servings Per Day:</i> <i>Postpartum Women &gt;18: 2-3</i> <i>Pregnant Women/Teens: 2-3</i></p> <p>2-3 ounces of lean meat, poultry or fish</p>

Arizona WIC Program Dietary Assessment Serving Sizes		
Food Group	Serving Sizes for Children 2-4	Serving Sizes for Teens and Women
*** May cause choking in 2-3 year old children.	Counts as 1 ounce lean meat: 1/2 cup cooked dry beans 2 tablespoons peanut butter*** 1 egg 1/4 cup tuna or salmon 2 slices bologna or luncheon meat 1/2 cup tofu 1/3 cup nuts or seeds ***	Counts as 1 ounce lean meat: 1/2 cup cooked dry beans 2 tablespoons peanut butter 1 egg 1/4 cup tuna or salmon 2 slices bologna or luncheon meat 1/2 cup tofu 1/3 cup nuts or seeds
<i>Fats, Oils and Sweets (Use Sparingly)</i>	<p><i>Not to Exceed Servings Per Day: 7</i></p> <p>Fat: 1 teaspoon butter, margarine or mayonnaise 2 tablespoons sour cream 1 ounce cream cheese Add 1 serving fat for each of these foods: cheese, fried food, chips, ice cream, whole milk</p> <p>Sugar (count as 1 serving): 6 ounces cola 1/2 cup drink or Kool Aid® 1 ounces chocolate bar 1/4 cup gelatin 1/2 cup ice cream 1/2 piece cake or pie</p>	<p><i>Not to Exceed Servings Per Day:</i> <i>Postpartum Women&gt;18: 10</i> <i>Pregnant Women/Teens: 10</i></p> <p>Fat: 1 teaspoon butter, margarine or mayonnaise 2 tablespoons sour cream 1 ounce cream cheese Add 1 serving fat for each of these foods: cheese, fried food, chips, ice cream, whole milk</p> <p>Sugar (count as 1 serving): 12 ounces cola 1 cup fruit drink or Kool Aid® 2 ounces chocolate bar 1/2 cup gelatin 1 cup ice cream 1 piece cake or pie</p>

#### References:

*The Food Guide Pyramid.* United States Department of Agriculture, Human Nutrition Service, Home and Garden Bulletin 252, 1992.

*Tips for Using the Food Guide Pyramid for Young Children 2 to 6 Years Old.* United States Department of Agriculture, Center for Nutrition Policy and Promotion, Program Aid 1647, 1999.

*Food Portions and Servings - How Do They Differ?* United States Department of Agriculture, Center for Nutrition Policy and Promotion, Nutrition Insights #11, March 1999.

*Using the Food Guide Pyramid: A Resource for Nutrition Educators.* United States Department of Agriculture, Center for Nutrition Policy and Promotion, \_\_\_\_.

*5 a Day for Better Health Guidebook.* Produce for Better Health Foundation and the National Cancer Institute, 1993.

<b>Arizona WIC Program</b> <b>Dietary Assessment Serving Sizes - Combination Foods</b>								
Food	Bread	Vege- table	Fruit	Milk*	Meat	Fat	Sugar	Calories
1 1/2 cups Beef Stew		1			2			220
5 oz Burrito, Bean	2				2	2		358
5 oz Burrito, Beef	2				3	2		460
Cheeseburger (small) on bun	2			1/2	2	2		320
2" slice Cheesecake	1					4		257
6 Chicken Nuggets	1				2	3		300
1 Chimichanga	2				2	4		425
1 Enchilada, Beef	2				1	1		319
1 Enchilada, Cheese	2			1		2		319
1 small French Fries		1				2		210
1 sl. Luncheon Meat - Bologna					1/2	1		90
1 sl. Luncheon Meat - Pickle Loaf					1/2	1		80
1 sl. Luncheon Meat - Salami					1/2			40
cup Macaroni and Cheese	2			1		2		358
1 cup Milkshake				1		1	1	264
1 c. Noodle Soup- Chicken	1				1			74
c. Pasta Salad	1	1				3		240
1/8 10 in. Pizza, Cheese	1			1				140
cup Potato Salad		1				3		358
1 c. Sopa Seca de Arroz/rice soup	3							375
1 c. Sopa Seca de Fideo/noodles	2							327
1 c. Stir Fry, Chicken & Pasta	2	2			2			300
6 in. Sub Sandwich (w/meat)	2	1**			2	1		456
1 Tostada	1	1			1	2		292
8 oz Yogurt, Fruited, Lowfat				1			3	239

\* Double number of servings for children.

\*\*If served with lettuce, tomatoes, etc.